

# Matzo Meal Kugel (Pudding)

Rating: ★★★★★

Makes: 12 Servings

## Ingredients

4 eggs  
1 cup sugar  
4 cups milk, 1%  
5 tablespoons butter, melted  
2 cups matzo meal  
1 teaspoon salt

## Directions

1. Combine eggs and sugar; beat well. Add milk and melted butter; mix well. Stir in matzo meal and salt.
2. Pour into buttered 11x13" pan. Bake at 350°F for 1 hour (don't over bake).
3. Cut into slices. Can be served hot or cold.

University of Illinois Extension; Osteoporosis Facts & Recipes.

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	170	
Total Fat	7 g	11%
Protein	5 g	
Carbohydrates	21 g	7%
Dietary Fiber	0 g	0%
Saturated Fat	4 g	20%
Sodium	300 mg	13%